

Medicaid Pain Management Coordinator's Book Reviews & Recommendations



❖ The Chronic Pain Control Workbook

The Chronic Pain Control Workbook is, by far, one of the best books written on the subject of chronic pain. Patients can benefit from reading through a holistic step-by-step that will, if followed, greatly improve their quality of life. Prescribers, pharmacists, and patients can all benefit from reading about various classes of medications beyond opioids that are used in a comprehensive pain management program and from the comprehensive listing of national and international support groups for chronic pain patients. Prescribers and pharmacists will especially benefit from equianalgesia tables and sample controlled substance contracts.

❖ Get Out of your Mind and Into your Life

Trying to "change" negative thoughts through cognitive gymnastics is like trying to win a war single-handedly. This book introduces a new form of psychotherapy – Acceptance Control Theory (ACT)- that escorts the mildly depressed, angry, and anxiety prone through a new approach to handling suffering. Rather than fighting off bad thoughts and feelings with internal pep talks, this book explains how to embrace those pessimistic and foreboding mental voices, "defuse" them with respectful attention, and commit to leading a purposeful life that includes their occasional ranting.

❖ Managing Pain Before it Manages You

This is one of the best books that we have discovered on the topic of chronic pain. Information on holistic pain management strategies is presented in a clear and understandable fashion, making it easy to make effective behavioral changes as well as attitude shifts. The other important feature of this book is that the author allows people who purchase her book to copy the exercises and even makes it easy by adding removable pages for ease of photo copying. I highly recommend this to both people suffering from chronic pain and health care providers with chronic pain clients.

[Click on the book title to purchase the book from Amazon.com](#)

Books may also be purchased from Intermountain Pain Center, local book stores, or checked out from your local library.

